

Pre-primary sections began functioning in 262 govt schools in state since September. Teachers, helpers have been on the job for 7 months, but are yet to receive any salary

UNPAID IN FULL

Most teachers from lower economic strata depend on pay for survival

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TWEETS @BangaloreMIRROR

In September last year, 262 government schools in Karnataka began pre-primary sections for children in the 4-5 age group. While a new circular from the education department has permitted the continuation of the pre-primary classes in the academic year 2023-24, teachers and helpers who are on the job have noted that they have not been paid since the commencement of the programme. After multiple false promises from authorities concerned, they are requesting that students be enrolled

for the new academic year slated to begin from August only after they are paid their rightful due.

The initiative was taken up after authorities were made aware that the demand for LKG/UKG in schools was rising among parents, especially in rural areas, with anganwadis not catering to the educational needs of children. The project approval board then made the decision to begin LKG/UKG sections in 262 schools, including many across the city with four in Bengaluru South, four in Bengaluru North and eight in Bengaluru rural.

A teacher who has not been paid since September in conversation

PAGE 6:
LIVELIHOOD FEARS
Anganwadi workers
anxious about their fate

CONTINUED ON PAGE 10 >>



“We have approached the Block Education Officer (BEO) several times to no avail. We were made to provide our grievances in writing and were then sent away

— A teacher from Bengaluru

BARRICADE PROBLEM

Locals around area of police station with star inmate Darshan protest to get inconveniencing barricades removed



PAGE 3

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2 THINGS TO DO

01 All art



Explore the riveting works of over 30 artists with Art Bengaluru Collective's fifth multi-art exhibition. From traditional to abstract paintings, charcoal to pen-and-ink, the three-gallery show will also feature photographic works, graphic cartoons, and more. The exhibition will also feature live art and caricatures, book readings, and dozens of creative interactions.

Where: Karnataka Chitrakala Parishath
When: Until June 16

02 Bharatanatyam recital



Join in and get mesmerised by the Bharatanatyam Recital by Nanda Narendra at the Indian Institute of World Culture. Nanda is the disciple of Dr MR Krishnamurthy, founder of Kalakshiti School of Fine Arts, and in the distinguished presence of Vidushi MS Sheela, founder of Hamsadhwani Creations.

Where: Indian Institute of World Culture, Basavanagudi
When: June 16, 5:30 pm

5 tests for early disease detection

Men often delay medical checkups, which can be risky. Regular screenings help identify potential problems early. Dr Anup Rawool, Associate Director, Medical Genetics, and Head, Scientific and Medical Affairs, MedGenome, highlights five essential tests for men: BRCA1 and BRCA2 testing checks for gene mutations that increase the risk of cancers like breast, prostate, and pancreatic; men with a family history should consider this, involving blood or saliva samples and genetic counseling. Lynch Syndrome Genetic Testing identifies changes increasing colorectal and other cancer risks; men



with a family history should undergo testing for early screenings and preventive measures. Familial Hypercholesterolemia (FH) testing detects high cholesterol from a young age, raising cardiovascular disease risks and aiding in effective management. Cardiovascular Disease testing, crucial since CVDs are leading causes of death, includes blood pressure, cholesterol tests, ECG, and stress tests. Carrier Screening identifies genetic mutations affecting offspring's health and is recommended for men with a family history of genetic disorders, involving blood sample analysis.

Sensing danger: BESCOM plans to get 8,000 safety helmets

With in-built induction sensor, helmets will sound an alarm when in close contact with live wires

Melvin Mathew
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TWEETS @BangaloreMIRROR

To ensure the safety of the Bangalore Electricity Supply Company workers, the corporation has planned to get 8,000 safety helmets. These special helmets will ring an alarm when close to the live wire.

The workers are always at risk of getting grievously injured while working on electric cable lines and poles. Thus, BESCOM has decided to procure safety helmets with induction sensors. BESCOM has floated a tender for the procurement of 8,424 of these safety helmets at a cost of Rs 1.47 crore. "This helmet will help the BESCOM workers identify a live wire. In cases where they are negligent with their safety, the helmet has a light and alarm system that will be triggered when it comes in close range with the live wire. Previously, we had these helmets save a lot of lives," said a senior BESCOM official.

As per the tender document, the helmet's outer shell will be HDPE (high-density polyethylene) or ABS (acrylonitrile butadiene styrene) material and shall have electrical insulation. For maximum visibility, it will be either golden yellow or lemon green. The shell will be lightweight and not exceed 400 grams. There is an additional slot for a cap-mounted headgear torch and other accessories.

Each helmet will have an in-built or detachable electrical induction sensor that will indicate a live wire and sound the alarm. Once switched on, the system will provide



'This helmet will also help BESCOM workers identify a live wire'

audio-visual alarms. When the device is in the induction zone, it will provide a visual red colour alarm along with a loud audio buzzer of 60 decibels when measured from a distance of two inches from the low tension (LT) line. It will also be able to sense 11 KV from a distance of two metres from the line-of-sight and energised line and the LT line from a distance of one metre from the line-of-sight and energised line.

HC asks BSY to appear before CID on Monday

The High Court has prohibited the Criminal Investigation Department (CID) from arresting former Chief Minister BS Yediyurappa in connection with a case under the Protection of Children from Sexual Offences (POCSO) Act. Instead, the court has instructed Yediyurappa to present himself before the CID on Monday. This decision comes after a Bengaluru court issued a non-bailable arrest warrant against Yediyurappa following a complaint lodged under the POCSO Act on March 14.

The Special Investigation Team of the CID had sought the arrest warrant as Yediyurappa failed to attend questioning on Wednesday, requesting more time to participate in the probe. Reports suggest that he is currently in an undisclosed location in New Delhi.

Earlier in the day, Home Minister G Parameshwara disclosed that a warrant for the arrest of Yediyurappa had been issued, emphasising the importance of Yediyurappa's prompt appearance for questioning regarding the POCSO case. "An arrest warrant has been issued against Yediyurappa, and he will be subjected to questioning upon being taken to the police station. Subsequent legal measures will be undertaken by the police following the established legal protocols," he stated. Responding to allegations from the BJP regarding the state police's actions being politically motivated, Parameshwara dismissed these claims, noting that the BJP's stance was predictable given the circumstances. Addressing concerns about the delay in the case, he explained that the process involved sending voice samples to the Forensic Science Laboratory (FSL), and the investigation was pending the receipt of the reports. He also mentioned that due diligence was exercised in light of the accused's prominence and VIP status.

—BMB

Stunning collections

Actress Priyanka Arora attended the inauguration of 'The Souq Market' at Karnataka Chitrakala Parishath on Friday in Bengaluru

PICS: KAUSHIK JN

Starry arrest throws commuters' lives out of gear

Police barricades around station where Darshan is lodged removed after commuters register protest against long detours

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TWEETS @sridharVMIRROR

Film actor Darshan's detention at Annapoorneshwari police station in connection with a murder case has stirred up significant activity in the vicinity.

Gathering of a large number of Darshan's supporters forced the police to implement Section 144 to prohibit large gatherings and place barricades on the main road near the station. However, after locals slammed the inconvenience caused by the barricades, police had to remove them by Friday evening.

Commuters reported on Friday that the barricades have forced them to take a 2.5-km detour to cover a distance of just 200



Locals gather to catch a glimpse of Darshan as he was brought to the crime scene on Wednesday

metres. One rider told BM, "While Darshan is inside the police station, they should provide protection there, but blocking the road with barricades is causing unnecessary trouble for us."

The 65-year-old said he was finding it difficult to navigate around the area. "We respect their decisions, but even school vans are being diverted. They've essentially shut down the main road."

Another rider added that they wanted to visit a nearby restaurant, but was unable to due that due to the road blockage. A long-time resident of the area remarked, "I've lived in this area for 25 years, and this is the first time the road has been closed off. At the very least, two-wheelers should be allowed to pass."

A woman said she had to go to the hospital. Police explained that the large number of fans gathering near the police station and engaging in slogan shouting was disrupting the investigation process.

Home Minister G Parameshwara clarified that Darshan did not receive any special treatment. He stated, "We will instruct the police to act in the public's interest without causing unnecessary trouble. However, we must allow them to conduct their investigation without interference. I spoke with the police, and they assured me that all suspects, including Darshan, are treated equally. I believe the police should have the freedom to investigate." On the issue of people being denied entry to the police station, Parameshwara assured that the matter would be probed.

BM Food & Night Life

Advertorial Promotional Feature

Eat well & age gracefully



As you age, your needs for nutrition increase. Your body is in a degenerative mode. Growth of cells and tissues is slow but repairing of tissues is at a higher rate.

You suffer from low immunity, poor digestion, weak bones and muscles and fatigue. Activity of the body reduces and you may be a victim of metabolic disorders like diabetes, osteoporosis, arthritis, high blood pressure or high cholesterol, etc.

All this does not mean that you have to eat less. Eating right becomes more important than eating less. Requirement of vitamins, proteins, minerals, fluids and carbohydrates changes in old age. And all these nutrients have to be packaged in easy-to-digest and easy-to-absorb, small frequent meals which are spread out and spaced well over the entire day.

Ageing is a process, which is associated with a lot of free radical release in the body. It is also called as oxidation of cells. Weak muscles, greying and falling of hair, reduced skin tone, susceptibility to colds and coughs and lack of energy are symptoms of oxidation. Vitamins like vitamin E, C, A and some minerals are essential in the right quantities to reduce the ill-effects of free radicals in the body.

At times, food becomes very important during old age as that is the time when you can

spend some time with the members of the family. Women especially should be very careful about their diet in old age. Due to menopause, the ability to absorb calcium reduces and they may get weakness in joints and susceptibility to fractures very easily. Food cooked should be soft and easy to chew, in case there have been teeth extractions or dentures are being used.

Tips to right eating in old age

- Add plenty of natural colour to your diet. Two to three meals of seasonal fruits will work as antioxidants and prevent constipation.
- Egg whites are a good source of protein important for repair of worn out cells and tissues. For vegetarians, paneer made from low-fat milk is good substitute.
- Use of mustard oil or olive oil is a good cooking medium as both prevent high cholesterol and improve good cholesterol in the blood.
- Six to seven small meals in a day aid digestion, absorption and prevent fatigue.
- Vegetable soups without cream and thickening agents are a healthy meal to be taken as a supper.
- Always leave your home with a small healthy snack in your bag, to avoid eating out.
- Avoid processed foods with artificial colours and preservatives.
- Potassium-rich foods like cumin seeds (zeera), sweet limes, fenugreek seeds (methi) and coconut water are good for muscular flexibility, prevent water retention and swellings. They also contribute to maintaining blood pressure.
- For a high dose of nutrition, add curd to the dough for rotis to improve the biological value of the cereal, and to keep them soft.
- Oats porridge is an excellent breakfast for seniors.
- Drink about 15 glasses of water in a day to prevent dehydration. In old age, muscle density reduces and susceptibility to dehydration is always very high, especially in summer.
- Do not overcook the food to make it soft as by doing so one destroys vital nutrients. Instead, select foods which need less time to cook.
- Also, exercise regularly, stretch and do yoga to ensure absorption of nutrients well.

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Jigani turning prime destination for housing

Strategic location, accessibility to IT hubs, amenities lead to realty boom in area

The Bannerghatta Road, Jigani, and Anekal areas have emerged as prime locations witnessing a boom in both industrial development and residential housing. These areas, situated on the outskirts of Bengaluru are experiencing rapid growth due to various factors



contributing to their appeal as preferred areas for living. Real estate developers and buyers alike have expressed their perspectives on why Bannerghatta Road, Jigani, and Anekal are becoming sought-after destinations.

Firstly, the strategic location of these areas is a major draw for industries and residents. Bannerghatta Road connects major parts of Bengaluru, offering easy accessibility to IT hubs like Electronic City, Bannerghatta Road itself has become a significant IT corridor hosting various tech parks and companies.

Jigani and Anekal, on the other hand, are witnessing an influx of industrial development, particularly in sectors such as manufacturing, logistics, and warehousing. This connectivity and industrial growth create employment opportunities, attracting people to settle in these areas.

Ramesh Naik, a real estate developer said, "Bannerghatta Road, Jigani, and Anekal have seen tremendous growth in recent years. The connectivity to key areas of Bangalore and the presence of industries make these locations highly desirable for both homebuyers and investors."

Secondly, the availability of land at relatively affordable

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prices compared to central Bangalore is a significant factor driving the real estate boom in these areas. This affordability coupled with improved infrastructure, including wider roads, better connectivity, and amenities make Bannerghatta Road, Jigani, and Anekal attractive for families looking for a balanced lifestyle."

Priya Hoogar, a homebuyer said, "I chose to buy a home in Jigani because of its affordability and the peaceful environment it offers. It's close enough to the city for work but far enough to enjoy a quieter life. Furthermore, the development of residential projects catering to different budgets and preferences is fueling the growth of housing in these areas."

Shiva Kumar, another real estate developer added, "We

have seen a surge in demand for housing along Bannerghatta Road, Jigani, and Anekal. People are looking for homes that offer modern amenities, good connectivity, and a quality lifestyle at reasonable prices."

Additionally, the natural beauty and greenery surrounding Bannerghatta Road, Jigani, and Anekal add to their charm as preferred residential areas.

Proximity to Bannerghatta National Park and other green spaces provides residents with a serene environment away from the city's hustle and bustle. Moreover, the future prospects of these areas are promising, with ongoing infrastructure developments such as metro connectivity plans and road widening projects further enhancing their attractiveness."

-Prakash VL

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Despite the many ups and downs that have followed financial markets since the Covid-19 pandemic, real estate has stood against the tide in providing stability and a great alternate store of value. Real estate still remains one of the most lucrative asset classes in India offering great diversity and a reliable growth rate year on year.

The leading indicator for the health of the real estate economy, the single family home creation and its purchase, have shown healthy upticks as life moves slowly back towards pre-Covid-19 normalcy and status quo, said Harish Kumar Jain (Vice President, Brihanmumbai Developers Association (BDA)).

Dollars & Euros: The NRI advantage

He said, "The other significant trend that arose out of the total chaos that was the past 2 years is a steady decline in the strength of the Rupee against the US dollar. While market turbulence and Rupee depreciation are easily verifiable quantitative facts, the reasons for these phenomena are much more nuanced and better left to the economists to decipher."

The fact is that the Rupee

Will there be a rise in NRI investment in luxury real estate?

has been on a steady downward path and this could spell trouble for businesses and industries that rely heavily on imports for their functioning. However, this does not mean that there isn't a silver lining here (at least for some), falling value of the Rupee means that those who wish to buy Indian assets can do so at the most discounted rate in recent years.

Non Residential Indians, or NRIs stand to gain quite a lot in this economic situation. NRIs earning in US Dollars or Euros or any other strong currency have now the highest Rupee equivalent amount in their pockets.

Adding to that, the various policy augmentations and schemes that the Central and many State governments have launched to encourage people to buy real estate is really the

cherry on the cake."

Promising future trends

Jain said, "In general, the Government of India does its utmost to urge NRIs and other foreign investors to buy Indian assets in foreign currencies. This is encouraged due to the fact that our economy is critically dependent on imports and RBI's foreign currency reserves are at some of the lowest levels in recent history."

In what was seen as a timely thrown life-buoy, NRIs flocked to buying high-end properties and resort suites at a time when the pandemic was slowing the real estate sector's growth to a grinding halt. The billions of dollars of investor money that flowed into the country from overseas rejuvenated a stagnant economy."

Mysuru road attracting buyers like never before

The road connecting Mysuru road to Big Banyan Tree was once considered a distant and secluded place, and is now emerging as a paradise for land buyers and real estate investors. Recently, this area has undergone significant transformation, making it a highly desirable location for those seeking a tranquil lifestyle amidst lush greenery.

One of the most appealing aspects is its abundant green cover and natural beauty. The presence of the iconic places adds to the charm of the surroundings. The area is dotted with several other large trees, creating a serene and picturesque environment that is rare to find in urban landscapes.

Buyers and investors are drawn to the area because of its peaceful ambience and the opportunity to live amidst nature. Rajesh Kamath, a land



buyer in the area said, "The tranquility and greenery of the Big Banyan Tree area attracted me to invest here. It's a refreshing change from the city's hustle and bustle."

The growth of infrastructure and connectivity to the area have also contributed to its rising popularity. Improved roads, easy access to nearby

amenities like schools, hospitals, and shopping centers, and connectivity to major parts of Bengaluru have made the area a viable option for residential living and investment."

Moreover, the potential for appreciation in land value over time has attracted investors looking for long-term gains.

—Prakash VL

Invest in Chikkaballapur

Chikkaballapur, renowned for its picturesque hill stations like Nandi Hills and numerous hillocks, has gained significant attention in recent years as one of the best places to stay, particularly with the emergence of the Isha Foundation and the development of residential sites with modern amenities. The presence of iconic hill stations like Nandi Hills has long been a draw for tourists and nature enthusiasts seeking a retreat from the urban hustle.

The scenic beauty, pleasant climate, and panoramic views offered by these hill stations have made Chikkaballapur a popular destination for day trips and weekend getaways.

In addition to its natural beauty and spiritual offerings, Chikkaballapur is now also gaining prominence as a residential hub with approved residential sites offering modern amenities. These residential layouts come with features like ready-to-register plots, developed infrastructure including water supply, street lights, well-laid roads, and other essential amenities.

Renuka Kumar, a resident of one such residential site, said, "I chose to invest in Chikkaballapur because of its serene environment, proximity to nature, and the availability of residential sites with all necessary amenities. It's a perfect blend of tranquility and modern living."



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Anganwadi workers fear for their livelihood

As DSEL forays into pre-primary education, concerns mount over fate of anganwadi workers

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

With the Department of School Education and Literacy (DSEL) going ahead with its plan of starting pre-primary classes across the state, thousands of teachers and assistants working at anganwadi centres are worried about their livelihood. According to them, parents would not prefer to send their children to anganwadi centres once the DSEL begins offering pre-primary classes at government schools.

The DSEL issued a notification on Tuesday (June 11) to start pre-primary classes at 1,008 schools in Ballari, Bidar, Kalaburagi, Koppal, Raichur, Vijayanagara, and Yadgir. It is estimated that DSEL will spend Rs 756 lakh for this purpose.

The Right to Education (RTE) activists, child rights activists, and anganwadi teachers want the DSEL to discuss with the Women and Child Welfare Department before going ahead with its plan. They opine that many anganwadi centres have to be shut down if pre-primary classes are started across the state.

"I want the DSEL authorities to have a detailed discussion with the Women and Child Development (WCD) Department authorities before starting pre-primary classes. I am not against the department starting the pre-primary classes, but the teachers have to be trained to ensure the overall growth of children. The Integrated Child Development Services (ICDS) are considered the best for the overall development of children from economically weaker families. I do not know what the fate



File photo of Anganwadi workers protesting over various demands at Freedom Park in Bengaluru

“We have decided to stage a dharna in front of Chikkaballapur District Deputy Commissioner's Office on Saturday

— Lakshmidheevamma, president, Chikkaballapur District Anganwadi Workers Association

of ICDS will be if the DSEL starts pre-primary classes,” said Nagasimha G Rao, director, Child Rights Trust.

Expressing concern over the fate of anganwadi centres, Sateesh, a RTE activist from Chikkaballapur, said the DSEL must consider the welfare of thousands of people working at these centres. “I oppose the DSEL's decision to start pre-primary classes.

It will affect the livelihoods of many people working at anganwadi centres. I want the government to strengthen the existing anganwadi centres,” said Sateesh.

Demanding the WCD department authorities to discuss with the DSEL authorities, Lakshmidheevamma, president of the Chikkaballapur District Anganwadi Workers

Association, opined that the DSEL authorities should not go ahead with the plan of starting pre-primary classes as it will affect the livelihood of anganwadi teachers and workers. “There are 1,978 anganwadi centres in Chikkaballapur district, and two people are working at each of the centers. I do not know what has made the Minister for Women and Child Development keep quiet while the DSEL authorities are going ahead with the plan of starting pre-primary classes. We have decided to stage a dharna in front of the Chikkaballapur District Deputy Commissioner's Office on Saturday,” she added.

New culvert to tackle waterlogging woes at Channasandra Main Road

Iffath Fathima
iffath.fathima@timesgroup.com

TWEETS @BangaloreMirror

Residents and commuters of the Channasandra Main Road have long been troubled by severe water logging at the AK Gopalan Colony Main Road Junction, commonly known as Zudio Junction. This persistent problem has not only disrupted daily life but has also severely impacted traffic movement on Channasandra Main Road, AB Vajpayee Road, and AK Gopalan Colony Main Road.

Following numerous complaints and observations, the Bruhat Bengaluru Mahanagara Palike (BBMP) Roads and Infrastructure (RI) Department has assessed the situation

and identified a permanent solution: the construction of a new culvert across AK Gopalan Colony Road.

Clement Jayakumar from the Mahadevpura Task Force elaborated on the initiative, stating, “Culvert work is happening at Channasandra. A lot of water was coming from the roadside drain onto the road instead of flowing through the culvert due to a blockage. Now, a new culvert is being built. The previous one was dismantled, and a more extensive and deeper one is being constructed so that water can flow easily. Even during normal days, water coming from the apartments, which is a mix of sewage and treated water, would flow onto the road. We have taken permission for 15 days, and it will be completed within this timeframe.”



Construction of a new culvert at Channasandra Main Road

The decision to construct a new culvert came after repeated instances of flooding, which caused significant inconvenience to local residents. A resident of AK Gopalan Colony said, “Every time it rained, the water would overflow onto the road, making it impossible for us to walk. It was unhygienic, and it was creating a lot of problems for the residents.”

The new culvert at Channasandra Main Road Junction is a crucial development towards addressing the water logging problem that has plagued the area. “The water logging has been extremely frustrating for commuters, turning a short journey of a few minutes into an hours-long ordeal. We are optimistic that the new culvert will resolve this issue permanently,” added another resident.

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Trash hotspot
Hoodi



Garbage is being dumped every day at the Hoodi bus stop near Gopalan Grandeur apartments, slowly turning it into a permanent dumping space.

Trees down
Wind Tunnel Road



Trees, including those on the perimeter, are being axed down in the Air Force compound bordering Wind Tunnel Road.

Driving dismay
Horamavu



The condition of the road near the Horamavu Agara Railway track is deplorable. Despite the presence of more than 10 international schools in the vicinity and the fact that many children travel on this road daily, no efforts have been made to complete the necessary work.

Forest land sacrifice for water project: Bad idea

500 acres of land in Western Ghats must not be diverted for ill-conceived Yettinahole project, say experts

Garima Prasher
garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

The state government announced the diversion of 500 acres of forest land for the Yettinahole drinking water project on Thursday, drawing flak from ecologists, wildlife conservationists, and citizens who see the move as a green light for further destruction of Western Ghats.

The announcement was made by Deputy Chief Minister DK Shivakumar on Thursday, after meeting Karnataka Forest Minister Eshwar Khandre and Revenue Minister Krishna Byre Gowda. The Deputy CM also announced that the Revenue Department will hand over an equal area to Forest Department.

Experts say the state is rapidly losing lush forest cover to poorly conceived infrastructure projects, impacting the ecology and biodiversity of the area. "Yettinahole is an unscientific project with flawed water availability assessment.



File photo of work going on a coffer dam as part of the Yettinahole Integrated Drinking Water project along the ecologically sensitive Western Ghats

There are hydrological errors, which will not ensure water availability for even six months of a year. Apart from its adverse impact on the Western Ghats and Netravathi River, the project's cost has risen exorbitantly due to unscientific conception. Diverting forest land for such an ill-conceived project is outrageous," said Ramesh Belagere, wildlife researcher, Foundation of Ecology and Education Development.

According to data from the Forest Department, Karnataka has diverted 32,062.49 hectares of forest land under the Forest Conservation Act of 1980 till December 2023 for 791 non-forestry projects. Of these, the majority (144 projects leading to diversion of 10,220.83 hectares) are mining and allied category, followed by

120 transmission lines projects (1391.99 hectares) and 94 linear infrastructure (road and railways) projects leading to diversion of 1,047.29 hectares of forest area.

Green imbalance

According to the National Forest Policy of India, the ideal percentage of the total geographical area under forest should be at least 33% to maintain ecological stability. However, Karnataka has just 21.21% of the total geographical area under forest cover.

Environmentalists say the government should look at more sustainable solutions to water scarcity.

"While we are already struggling with grave climate change issues, diverting forest land for non-forestry purposes sounds criminal. The government should

“Yettinahole is an unscientific project with flawed water availability assessment. It will not ensure water availability for even six months of a year

—Ramesh Belagere, researcher

rather focus on conserving existing green landscapes such as the Western Ghats and focus on sustainable ways to ensure water availability such as rainwater harvesting," said Joseph Hoover, former State Board of Wildlife member and founder of the United Conservation Movement and Charitable Trust.

Some citizens BM spoke to said the money spent on the project should have been used for the conservation of existing water resources to improve groundwater levels. They say diversion of 500 acres of forest for the water needs of a few towns and Bengaluru for Rs 24,000 crore is short-sighted policy. "By the time the project is completed, there will be cost overruns. Also, there is no guarantee that it would help the people in these regions over a long time. The project will lead to irreparable ecological damage. The amount would have been well spent if used for rejuvenation of lakes and ponds through desilting and community awareness," said P Vidyasagar, a citizen.

Suburban rail: Citizens demand accountability on trees at risk

Bangalore Mirror Bureau
mybangaloremirror@timesgroup.com

TWEETS @BangaloreMirror

The public consultation meeting convened by Karnataka Rail Infrastructure Development Company Limited (K-RIDE) on Friday saw the participation of nearly 150 citizens with one common purpose – to preserve Bengaluru's green cover.

Citizens voiced their concerns regarding nearly 33,000 trees that have been proposed to be cut to execute the 148-km project. While the participants were unanimously in favour of Bengaluru Suburban Rail Project (BSRP), they raised issues like lack of transparency and accountability by K-RIDE. Citizens and experts also questioned the lack of credible data on the location and responsibility for compensatory afforestation, as well as the effectiveness of planting trees away from the city. Transparency in tree planting and survival rates were emphasised as essential for accountability.

"While K-RIDE has proposed removal of thousands of trees in its Environment Impact Assessment document, there is no clarity on compensatory plantation," said a citizen participant in the meeting.

Environmentalists expressed concerns regarding the project's claims of improving air quality by reducing road traffic load. Attendees called for the formation of a committee to address the loss of trees and other ecological concerns. "While BSRP is important for the city, it is also important to consider the biodiversity loss due to the project" said Chiku Agarwal, of Jhatkaa.org. "We must closely examine the environmental impact of tree felling on this project and seek solutions. Public consultation is a positive step, but we must work with the BBMP and K-RIDE to develop a comprehensive plan for reducing tree felling through various methods," said Vinod Jacob of Namma Bengaluru Foundation.

BM Food & Night Life

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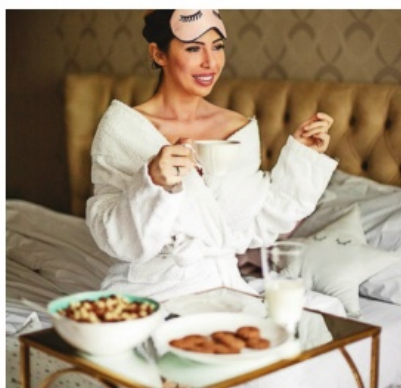
Eat right while on holiday

Have you ever felt that after a long business tour or vacation all your efforts -- eating healthy and exercising regularly -- have gone awry and when you return to your routine lifestyle, you have to re-start all over again?

Well, it may appear challenging, but it is not impossible.

Tips for eating while traveling

- In short flights or train trips, have a good meal before leaving the house, which will sustain you for 4-5 hours.
- During the journey, keep some healthy dry fruits and nuts like walnuts, almonds, peanuts or some fresh fruits like apples, pears, grapes, etc. You can have them with a cup of green tea. Keep green tea sachets with you and just ask for hot water.
- Even Granola oat bars or multi-grain low-fat biscuits are good enough with green tea.
- While in hotels, have a healthy breakfast as it is going to keep you going for the entire day, whether you are attending meetings or going for whole day sightseeing.



ing tour.

- Breakfast should be a healthy cereal like oats/milk and muesli with some fresh scrambled, boiled or poached egg with some fruits.
- Lunch should be light but contain veggies like a vegetable/tomato/spinach soup with rice and yoghurt or a healthy sandwich. If you like to indulge in a special dessert which is really typical to the place

you are visiting and you do not want to miss it, the best time is to have it in the early evening as you will not be adding the calories to a healthy meal and also will be moving around till the end of the day.

- Otherwise, have a fruit juice or fruits in the evening. Tea or coffee can be had with some oat bars or whole grain biscuits again.
- Dinner should be again easy to digest. Avoid filling your dinner plate with many things from the buffet as you may tend to overeat in the process of tasting everything laid out. The best option is to go through the entire display before picking up your plate and decide what your best choices are. Select those foods which are not very oily and rich with cheese.
- Avoid ordering those food items which are not from the place, which you are visiting. Cuisine, native to the place you are visiting, will always be cooked well and also will be fresh.
- Do not over order your food if you go for the a la carte menu. You do not have a home to take away – timesofindia.com

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Achievers from Various Fields Honoured with VK Award

20 proud Achievers from Mysuru, Shivamogga & Chitradurga regions felicitated Recognition inspires to achieve more, says Forest Minister Eshwara Khandre



20 achievers from Mysuru, Shivamogga and Chitradurga region were honoured with VK Achievers award at a function held at a hotel in Bengaluru.



Minister Eshwara Khandre inaugurated the VK Achievers Awards ceremony in Bengaluru. Film Actress Tara, Vijay Karnataka and Bangalore Mirror CEO Deepak Saluja, Vijay Karnataka Editor Sudarshan Channangihalli were present and Family and friends of the awardees who attended the ceremony.



Achievers from Mysuru, Shivamogga and Chitradurga regions were felicitated with the VK Achievers of Karnataka Award at a function held here. People who have made their mark in various fields were felicitated for their outstanding contribution to the development of the society.

As many as 20 achievers received the 'VK Achievers of Karnataka' award at a grand ceremony held at a hotel in Bengaluru.

Forest, Ecology and Environment Minister Eshwara Khandre presented the awards. Every year, Vijay Karnataka recognizes and honours silent achievers who are engaged in social service in health, education, business, industry, etc.

Vijay Karnataka has been continuously giving away these awards to honour and encourage the achievers who have done commendable work to bring a qualitative change in the society. This award inspires them and many others to



do more good for society.

The event was witnessed by the family, friends and relatives of the achievers.

Actress Tara Anuradha, who was the guest of honour, said, "An award or an honour doesn't just add to your respect. It also increases the respect of the neighbourhood and the village. Congratulations to 'Vijay Karnataka' for recognizing and awarding the achievers. May the recipients of the award achieve more."

An Inspiration for Aspiring Achievers

Forest, Ecology and Environment Minister Eshwara Khandre, who presented the awards, said, "Recognizing and felicitating achievers will inspire many aspiring achievers. This world has given us everything. Individuals, institutions, empires can perish. The good contributions made to society will

remain forever."

"Man is a social being. Give and take is a basic principle which binds people. Those who have resources should give it to those who do not. Service should be voluntary and should be done without any expectation of reward," he said.

"We can survive only if nature survives," the minister said, adding, "Environment is being destroyed day by day. This is causing climate change. Environment is losing its balance due to global warming. The state should have 33% forest cover. At present, only 22% is left," he said.

Deepak Saluja, CEO, Vijay Karnataka and Bangalore Mirror, said, "Karnataka is at the forefront of IT-BT, agriculture, education and industry sectors. The state is moving towards the goal of a \$1 trillion economy."

Vijay Karnataka Editor Sudarshan Channangihalli said, "Vijay Karnataka recognizes and encourages achievers in various fields every year. Felicitating achievers will inspire more people. VK has actively indulged in the work of building a just society from its very beginning."

I thank Vijay Karnataka for recognizing and felicitating people like us. This has encouraged us to do more good work. Heartfelt thanks to the Vijay Karnataka team and staff for organizing a wonderful event.



■ **Nikhilesh**
President,
Kalisu Foundation



Patting the backs of achievers is an inspiring task. This will encourage one to do more. It has also inspired others to inculcate a spirit of service. Thanks to the Vijay Karnataka team for this.

■ **Dr. E.C. Ningaraj Gowda**
Former Member
of the Syndicate,
University of Mysore.

Vijay Karnataka has been doing socially oriented and pro-people programmes like this. The Achievers of Karnataka programme is also an exemplary event. It thrives to recognize, honour and thereby encourage achievers.



■ **O.V. Diwakar**
Venugopal Gold Palace,
Kollegal-Chamarajanagar

It was a well organized event. The honourable guests spoke inspiring. I was happy to see the auditorium full. I am elated to be recognised for my work to the society.



■ **Dr. Sadashiva Shetty**,
Retd. Director,
Bapuji Dental College,
New Dental Centre,
Davanagere



This is a really different programme. VK has done a tremendous job to recognize and felicitate achievers. This is a noble act and serves as an inspiration for achievers. This encouragement has inspired me to do more.

■ **Anand Pothina**
Founder President, Anand PU
College & Anand Medical
Academy, Davanagere

VK has always been the backbone behind my success since 2014. I will always remember that I received the VK Achievers Award in Bangalore in the presence of my family. Let me be able to identify more achievers like me.



■ **Maruti Manchi**
Manchi's Silks and Sarees,
Molakalmuru, Chitradurga



There is an opportunity to build the Cooperative Movement at the grassroots level more rigorously. In this regard youth should become more actively involved. The decision of Vijay Karnataka to recognize and honour our service is highly commendable.

■ **Basavani Vijayadev**
Senior Co-operative, Thirthahalli

I am happy that Vijay Karnataka, a leading newspaper of the state, has awarded us for our work in the field of agriculture. It is a testimony to the fact that society recognizes those who work with due diligence and passion. Good platform and introducing me to the whole of the state.



■ **H.E. Malatesh Kodakani**
Progressive Farmer, Soraba

It is a privilege for me to be honoured by VK with the Achievers of Karnataka Award in recognition of my service to the society. The concern of Vijay Karnataka to recognise the achievements and felicitate them is commendable.



■ **Latha Robert**
Head of St. Joseph's Educational
Institution, Bhadravathi



The award has further inspired me to engage in service oriented activities. It is tough to identify those who work for the society without craving for attention. Vijay Karnataka has done this job with clinical commitment. So, I would like to thank the entire VK team for this.

■ **Dr. S. Dinesh**
Apoorva Dental Clinic, Kadur

I am happy that Vijay Karnataka honoured me with the award on a grand platform. This has further encouraged us. The youth should not think about the ups and downs of life but should contribute to society using skills.



■ **Jayachandraraju P.**
President,
Daksha PU College



VK has done an excellent job. Such programmes are useful to society. After getting this award we have the responsibility to serve the society in a more meaningful way. Congratulations to Vijay Karnataka team. Let there be more such programmes.

■ **Ravi**
Manchegowdana Koppalu

I have found fulfillment in life through service, thanks to Vijay Karnataka for recognizing our service. I urge more people who recognise the pain of the downtrodden if the society to come forward and work for them.



■ **Napanda M Muddappa**
Kushalnagar,
Kodagu district

VK recognizes and respects people from all walks of life. It is generally believed to be the duty of the government to recognize and honour the achievers of the society. For me, it serves as motivation to continue with and fulfill my commitment to the welfare of the society.



■ **Dr. Giridhar**
Obstetrician & Gynecologist,
Chigateri Dist. Hospital, Davanagere



It is a matter of pride that Vijay Karnataka has recognised budding entrepreneurs like us. This award is a big inspiration for me to dream big and work towards achieving the goal.

■ **S.S. Vijay Kumar**
Managing Director,
Vinus Multiventures Pvt. Ltd.,
Davanagere

I am thankful to the Vijay Karnataka team for choosing me for the prestigious 'Karnataka Achievers Award' from Chitradurga. I have received many awards at the national level. But it is very special that it has come to my hometown.



■ **C.A. Jayaram Devasamudra**
Molakalmuru, Founder & CEO,
Pro Team Solutions Group,
Bangalore



I am happy to have received the award. For us work is worship. It is commendable that Vijay Karnataka is felicitating the achievers through this award. This will inspire the future generation.

■ **D.S. Chandrashekar**
Vice-President,
Shanthala Spherocast,
Shivamogga

I am very happy that VK has recognised me & given the award for my work in agriculture and social service. It is noteworthy that a newspaper recognizes and honours achievers and farmers. I thank Vijay Karnataka for giving me a great opportunity.



■ **Nagaraj Gowda Chikkavali**
Progressive Farmer,
Soraba

The Achievers of Karnataka programme was very meaningful. It is not an easy task to identify 20 silent achievers and honour them. Such events inspire others to achieve more. Thanks to Vijay Karnataka for continuously doing the work of building a just society.



■ **Indukumar**
Founder, Para-Medical Science
College, Chikkamagaluru



The recognition and felicitation of a rural entrepreneur has created a lot of excitement among the youth of the region. At a time when the media is giving priority only to politics and crime news, Vijay Karnataka has experimented with identifying and felicitating entrepreneurs which is a commendable job.

■ **B.G. Vikas Begane**
Founder- Begane Farm, Koppa

7 months and still waiting to be paid

CONTINUED FROM PAGE 1

with Bangalore Mirror said that while there are many parents approaching the school regarding pre-primary enrollment, she is unwilling to continue to work as she has not been paid and her hope for the payments to be made in the future is consistently waning. "We have approached the Block Education Officer (BEO) several times to no avail. We were made to provide our grievances in writing and were then

sent away. It has been seven months since we began working, however, we have not been paid. The matter could have been excused if there was a delay in payment for two to three months but since the commencement, we have not been paid," she said. She noted that most of the female helpers belong to lower socio-economic groups, making it much harder for them to survive if their promised salaries are not paid.

A faculty member from one of the schools which runs the pre-primary

classes said, "The administration is also unable to enroll students, and request the teachers and helpers to continue as they have not been paid a penny. It is a great injustice that is being done to them. Every responsible authority tells us that the salaries are in process. The department needs to designate the required funds and end the uncertainty," he said.

Room required

The new circular has instructed schools to identify a room to start pre-

primary classes. It further said that the said room must be furnished after purchasing necessary equipment and material as per rules. It also instructed regarding the usage of local art teachers or painting experts to create attractive pictures for children and a green or blackboard for children to write and draw on the wall from floor level up to two feet. "A list of equipment materials to be purchased and some sample room design examples will be provided shortly," it said.

It also said that one teacher and helper for each pre-primary class will be appointed by the School Development Monitoring

Committees (SDMC) on a temporary basis for a period of 10 months at a monthly salary of Rs 7,500 and Rs 5,000. It also said that the salary grant is given by the respective SDMC and the account will be released by the education department.

The teachers are required to be below the age of 45 years and have a pre-graduate education (PUC) with minimum 50% marks and two or more years Diploma in Nursery Teacher Education/Pre-School Education/Early Childhood Education Program from National Council for Teacher Education (NCTE) approved institutions.

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CHANGE OF NAME

I, Anil Kumar Krishnarao Kanabur S/o. Krishnarao Laxmanrao Kanbur, residing at No. 725 Radhakrishna 11th B Cross HSR Layout Sector 1 Bangalore 560102 have changed my name to Anil Kumar Krishnarao Kanbur, vide affidavit dated 14.06.2024, sworn before notary B.K.R Krishnamurthy, Bangalore.

I, SATYANARAYANA MURTY RAMABHATLA, S/o Soma-yajulu Ramabhatla, R/o B4202, Ahad Excellencia, Adi Pampa Road, Chikkanayakanahalli, Bengaluru - 560035, have changed my name as RAMBATLA SATYANARAYANA MURTY, vide affidavit dated 12.06.2024, sworn before notary S. Subashini, Bengaluru.

I Tadikamalla Sivaparthi, W/o Ramesh Vallamkonda No K-156 Trifecta Sollievo, New Temple Road Nallurahalli Behind Irv Ramagondanahalli Bengaluru-560066. I Have Changed My Name To Parvathi Vallamkonda Vide Affidavit Dated: 11/06/2024 Before Notary B M Chandrashekar Bangalore.

I, TANZILA Khatoon R/o No 84/1-1, 4th cross, 12th Main Road, Ak Colony, Mathikere, BLR-54 changed my name Tanjila Khatoon to Tanzila Khatoon for all future purposes

I, NASARULLA, S/o Kalandar Sab, R/O no. 169, 4th cross, Harsha layout, Kengeri PO, Bengaluru South - 560060, do hereby solemnly affirm and declare that I have changed my name from NASARULLA to NAZRULLA. Sworn before Advocate & Notary Ravi, on 13/6/24 at Bengaluru.

I, Prashant Ekhar, S/o Murlidhar C 1404, Vbhc Serene Town Kannamangala Shani Mahathma Mandir, Whitefield Kannamangala, Bengaluru-560067. I have changed my name to Prashant Murlidhar Ekhar Vide Affidavit Dated: 11/06/2024 Before Notary B M Chandrashekar Bangalore.

I, POORNESHA AVATHI GIDDEGOWDA aged about 52 Years, R/at Avathi Chikkamagaluru- 577101 have changed my name to POORNESHA AVATHI GIDDEGOWDA vide affidavit dated: 7/6/2024 Before Notary Gangaraju. B.N Bangalore.

I, Julia Jose, W/o Tijo Jose R/o No 112 B Block Trifecta Joli Hadosiddapura Road Kodathi Carmelaram Bengaluru 560035. I Have Changed My Name To Juliya Jose Chakeri Vide Affidavit Dated: 11/06/2024 Before Notary B M Chandrashekar Bangalore

I, Infanto Lawrence Lawrence Michael R/o HNo:2 F-1, 2nd Floor Church Street Ejjipura Main Rd Koramangala Annex 6th Block Bangalore-560095 have changed my name to Infanto Lawrence Lawrence Affidavit Dt.14/05/2024 notary Harisha G, B'luru

I, Pratham Shashank Bhonge S/o Shashank Vilas Bhonge R/o B43 Patterns, Goodearth Malhar, Kambipura, Bengaluru 560060. I have changed my name to Pratham Bhonge for future purposes

I, Abdul Usman Thimmsandar Khaleel S/o Thimmsandar Usman Abdul Khaleel R/o #22, 1st main, 3rd cross, tank side road, SRK garden, jayanagara, Bangalore 560041 have changed my name to Abdul Usman for all purposes.

I, SUDARSHANA Kumari Sharma W/O, Shantanu Preetam R/o X-402, Tower-1, Adarsh Palm Retreat, Outer Ring Road, Devara Beesana Halli, Bangalore, karnataka - 560103 have changed my name to Sudarshana Sharma.

I, Shantanu Preetam R/o X-402, Tower-1, Adarsh Palm Retreat Outer Ring Road Devara Beesana Halli Bellandur Bangalore Karnataka - 560103 have changed my minor son's name from Ritvik to Ritvik Preetam.

I, Kattigere Abinav Madyastha S/o Kattigere Raghuvier Madyastha R/o H1006, Mantri Tranquil Apartments, Gubbala, Off Kanakapura Mn Rd, Bengaluru. 560061 have changed my name to Abhinav Madyastha Kattigere for all purposes

I Akshatha MD resident of #82 Primus 3 Srinivasa Garden Layout, Yelahanka got divorced and have changed my address from w/o Naveen N to d/o Pushpa MD by affidavit sworn before notary GB Turamari on 20th Jan 2024.

I Mohammed Ifthikar Ali Dawood S/O, Mohammed Dawood R/o No 34 1st Floor 2nd Cross R Sonnappa Block Near Evangelist Church J C Nagar Bengaluru 560006 have changed my name to Mohammed Ifthekar Ali.

I, VEDAVATHI A L aged about 50 Years, R/at Avathi Chikkamagaluru- 577101 have changed my name to VEDA vide affidavit dated: 7/6/2024 Before Notary Gangaraju. B.N Bangalore.

I, Abhinandan G R/o. No.512, 5TH Floor, Ghataprabha (West), National Games Village, Koramangala, Bangalore-560047 have changed my name to Abhinandan Gunasekaran for all purposes.

I, Sreenivasan Subramani S/o Subramani B K R/o #67 1st Cross Brindavan layout T C Palya B'lore-560036 have changed my name to Shreenivasan S for all purposes

I Aishwarya G R W/o Amarnath G S R/o 4147, 3rd main road, Subramanyanagar Bangalore-560055 have change my name to Aishwarya Amarnath

LOST & FOUND

LOST: I, C.S Poornima, D/o Smt. Shyalaja C.H R/at No. G-2, J.C Sapari Apartment, Jayalakshamma Badavane, Annapoorneshwari Nagar, Nagarbhavi, Bangalore-560072 have lost our original Sale deed document No.4637/2017-2018, Registered in the Sub Register Office Tavarekere (Bangalore) Sy No.35/1, Old Katha No.2354, Site No.111, (2354/35/1/111), Situated at Bangalore South Taluk, Tavarekere Hobli, Kuru barahalli Village, Bangalore Dist, Bangalore, have lost while traveling from Nagarbhavi to Basaveshwara Nagar on 01.03.2024, regarding this i have given a police complaint. if anybody found please contact 8496819989 or handover to the nearest police station.

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The term narcissism may conjure up images of chest-pumping, arrogant, male self-promoters. The personality trait – with its hallmark features of overt grandiosity, assertiveness and superiority – is, in fact, more commonly observed in men.

That is because these central features align closely with traditional masculine traits. In fact, up to 75% of people diagnosed with narcissistic personality disorder are men.

But in reality, narcissism is a modern epidemic that afflicts men and women alike. Our new research, published in *Sex Roles*, shows how narcissism manifests itself differently in women – but reveals that narcissistic women can be as dangerous and violent as their male counterparts.

Our research reveals that women with high traits of narcissism tend to be more vulnerable and insecure than their male peers. That means it can sometimes be missed by clinical professionals, for example, misdiagnosed as borderline personality disorder.

Narcissism is a complex personality trait. While full-blown narcissistic personality disorder isn't too common, affecting about 1-2% of the population, we all have narcissism to varying degrees.

Narcissistic personality traits can be expressed in two forms: grandiose and vulnerable. People who exhibit more grandiose features are self-assured and socially dominant. People who exhibit more vulnerable features are introverted and have lower self-esteem. Both forms share an antagonistic core, demonstrated by high levels of entitlement and a willingness to exploit others.

In the context of intimate relationships, narcissism has similarly been associated with men's perpetration of violence. Threats to their self-esteem can evoke feelings of shame, humiliation and wounded pride, leading to aggressive behaviour.

Although women are less likely to display stereotypical manifestations of narcissism, it does not mean that narcissism is not as common in women. For instance, consider the numerous reality TV stars who are notorious for their self-centredness and vanity – traits often associated with narcissism.

Yet narcissism in women extends beyond self-absorption. Vulnerable narcissism involves traits such as emotional vulnerability, low self-esteem and inhibition. These traits overlap with traditional notions of femininity. Such gender differences in narcissism may stem from gender-specific stereotypes of masculinity and femininity ingrained from childhood.

Consequently, the tendency for men to display more grandiose features and women to display more vulnerable traits may partly originate from parenting styles aimed at making boys more assertive and girls more nurturing.

LOVE THYSELF

Narcissism: why it's less obvious in women than in men – but can be just as dangerous



However, there is a danger of interpreting women's narcissism as less harmful due to their initial presentation as more soft-spoken, nurturing, passive and vulnerable than men. Beneath this persona, they may be devoid of empathy and harbour high levels of entitlement and a willingness to exploit others.

This suggests that men and women may be aggressive or violent in different ways. Narcissistic women may be more likely to manipulate people, spread rumours or be passive aggressive than narcissistic men, for example.

Our recent research tested this for the first time. In a study of 328 adults (176 women and 152 men), we examined the complex dynamics between childhood experiences, narcissism and the perpetration of intimate partner violence in men and women.

Participants completed an

online survey and were asked questions about their personality traits. This captured both grandiose and vulnerable features of narcissism using the Pathological Narcissism Inventory. Participants were also asked to indicate any conflicts that may have arisen during their past or present intimate relationships.

Men scored higher on grandiose narcissism while women scored higher on vulnerable narcissism. Despite these marked gender differences, it is important to remember that narcissism exists along a spectrum. Men can exhibit vulnerable features and women can exhibit grandiose features, too.

Grandiose narcissism in men was associated with greater perpetration of psychological partner violence such as being controlling, bullying or manipulative.

Somewhat surprisingly, gran-

diose narcissism in men was not associated with the perpetration of physical violence. That clashes with some previous research that measured narcissism using different methods. But overall, men are more likely than women to perpetrate violence, so a proportion of narcissistic men are likely to be violent.

More surprisingly, vulnerable narcissism in women was linked with greater perpetration of physical, sexual and psychological partner violence. It is important to note here that not every woman with vulnerable narcissistic traits is violent.

Instead, specific features of vulnerable narcissism such as devaluing others (assigning exaggerated negative qualities about them) and having entitlement rage (lashing out when you don't get what you think you deserve) are associated with violent behaviour.

Women who exhibit these features to a higher extent are more likely to be shamefully dependent on others to provide admiration. As a result, they are more likely to respond violently in an attempt to regulate their self-esteem and gain positions of power.

For women, recalling having a caring mother during childhood was associated with reduced levels of vulnerable narcissism and subsequent perpetration of violence toward their partner. This suggests there may be buffers that can be acknowledged and integrated into intervention programmes.

Spotting narcissistic women

Despite longstanding evidence portraying narcissistic men as more violent than women, our research shows that narcissistic women are not only verbally aggressive, as commonly portrayed in studies, but also physically violent towards their partner.

Despite this, the manner in which narcissistic women abuse others may not be recognised as stereotypically narcissistic. Instead, they may use their feminine identity to leverage societal expectations of women as being nurturing and passive.

This might include exploiting their perceived victimhood to gain positions of power and control. Insidious tactics may include making threats of (false) allegations of abuse, withholding intimacy and affection, exploiting their motherhood to turn their children against their partner, and physically assaulting their partner and blaming it on self-defence to gain sympathy from legal authorities.

Our research challenges the stereotype that women are always the victims in abusive relationships. This balanced understanding promotes a more nuanced view of relational dynamics and gender roles in intimate relationships. By investigating features of narcissism in women, we can better recognise and unmask their true nature.

(By Ava Green, University of London and Claire Hart, University of Southampton, *The Conversation*)



All you need to know about...

Spots on legs: 2 causes

1. Keratosis Pilaris

Do you experience little red or white pimples on the fleshier portions of your thighs and arms that mimic goosebumps? If they don't itch or itch only slightly, they may be keratosis pilaris. Keratosis pilaris develops when the protein keratin clogs your pores. Keratin is a protein that may be found in your skin, nails, and hair. People with dry skin and/or eczema are more likely to get keratosis pilaris. Although keratosis pilaris is a relatively harmless condition, you might want to consult a dermatologist to be on the safer side. Over-the-counter creams with salicylic acid and alpha-hydroxy-acids (AHAs) such as lactic acid may be helpful, especially those with thicker formulas.

2. Folliculitis

Folliculitis is often caused by an infection in the hair follicles of the scalp or on shaved regions of the body. Staph bacteria are mostly at blame (*Staphylococcus aureus*). Inflammation caused by ingrown hairs, viruses, or fungi can also cause folliculitis. It causes little red lumps or pimples on the skin, often known as razor burn or razor rash. Folliculitis is commonly caused by shaving, tight clothes, and the combination of heat and perspiration. Although people of all ages can be affected by folliculitis, certain things can increase your risk of getting it. Some of these factors are:

- People who have conditions that negatively impact their immune systems, such as chronic lymphocytic leukaemia (CLL), diabetes, HIV, or AIDS.
- People who have acne, and specifically those who have been on antibiotics for acne.
- People who have eczema.

—Femina

STORY BEHIND THE PHOTO

Nap time, in line

Wasps sleeping on a wind chime.

The picture was clicked by BM reader **NJ Ravi Chander**



If you have a picture and a story to share, send us the picture with your name and number at mybangaloremirror@timesgroup.com

66 KV underground cable line commissioned

KPTCL's latest underground cable promises uninterrupted power, fewer accidents, and greener energy in city's core

Sridhar.Vivan@timesgroup.com

TWEETS @sridharvMIRROR

The Karnataka Power Transmission Corporation Ltd (KPTCL) has commissioned a new 66KV underground (UG) cable line from HBR 220 KV Station to Pottery Road 66 KV Station at HBR 220 KV Station, 4th Block, HBR Layout Bangalore. The newly commissioned 66KV underground cable is built at the cost of Rs 39.05 crore with a distance of 5.180 km.

"This UG line will provide uninterrupted and quality power supply for industrial, commercial, and residential purposes in and around important places such as Sarvagna Nagara, HBR layout, Nagawara, Banaswadi, Kammanahalli, Kadugondanahalli, Lingarajapuram, Arabic College, Tannery road, Davis road, Pulakeshi Nagar, Bangalore Cantonment Railway station, and surrounding areas. With this, the Pottery Road substation is armed with both primary and alternate sources, which helps to provide quality and uninterrupted power supply. This flagship project of UG cable also ensures energy savings of about 17.603 MU annually. The addition of a new 66 KV UG cable line is a significant step towards enhancing the power distribution infrastructure. This will ensure a more reliable and stable electricity supply to residential, commercial, and industrial areas. The underground cables, being less susceptible to weather-related damage, vandalism, and other external factors, will significantly reduce the frequency of power interruptions, thereby increasing the reliability for consumers," Energy Minister KJ George said.

KPTCL officials said that underground cables are particularly important in urban



The UG station

areas like Bengaluru where preserving the city's beauty and urban planning are significant concerns, as well as eliminating the risk of accidents caused by overhead lines or accidents caused by falling poles or lines during storms. The underground cable installation will prevent voltage problems, reduce power outages, prevent electrical accidents, and reduce power leakage. The installation will also prevent accidents caused by high-tension power lines and falling poles during the rainy season. It will also curb electricity theft and illegal connections.

"The UG cable not only offers enhanced reliability and safety but also plays a crucial role in reducing our environmental impact. Its resilience to natural disasters is a testament to our commitment to a sustainable and secure energy future," added George.

DID YOU KNOW?

The famous diamond, believed to originate from Andhra Pradesh's Golkonda during the Kakatiya dynasty, was obtained by Alauddin Khilji in 1310 during raids into Southern India. It passed through various rulers, including Ibrahim Lodi, Babur, and Shah Jahan. In 1739, Nadir Shah of Persia conquered the Mughal empire and acquired the diamond, naming it Kohinoor.



GET HEARD WITH
MIRROR
9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAP THE CHATTER

where Bengalureans speak their mind

Which are the foods you like the best in Bengaluru?



Amrutha, BM reader

I like Masala Dosa from the Udupi Hotel in Jayanagar. Idli-Vada, which is often served with coconut chutney and sambar, is my favourite.



Dileep, BM reader

Bisi Bele Bath, a flavourful rice dish cooked with lentils, vegetables, and a special spice blend, topped with ghee and served hot, and popular chaat varieties like Pani Puri, Sev Puri, and Bhel Puri from chat stalls.



Uma, BM reader

Akki roti, made from rice flour, usually served with chutney, curry, or yogurt. Ragi Mudde with chicken sambar from Donne Biryani in Banashankari, it's nutritious. Ragi Mudde is my favourite dish.



Bharath, BM reader

Filter Coffee- The city is known for its aromatic and strong filter coffee, often enjoyed in a traditional South Indian tumbler and dabara sets. Mysore Pak a sweet delicacy made from gram flour, ghee, and sugar, originating from the nearby city of Mysuru.



Chandu Shree, BM reader

Mangalorean seafood, given Bengaluru's proximity to the coast; Mangalorean-style seafood dishes, such as Neer Dosa with fish curry, are popular. Kebabs and Biryani: The city has a thriving culture of Kebabs and Biryani, with various eateries offering flavourful options. I will definitely eat Kebab and Biryani four times a week.



Akbar, BM reader

Obbattu/Holige, a sweet flatbread filled with a mixture of lentils, jaggery, and coconut. Andhra Meals: Spicy Andhra-style meals, often served on a banana leaf, are appreciated for their bold flavours. And I also like Shivaji Nagar Chakna, that's my favourite food in Bangalore.

SPEAK TO US

Why should parks be open throughout the day and how would it benefit citizens?

If you want to be featured in this section tomorrow, mail us your answer to this question, in 25 words, by 5 pm today, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation and a picture at mybangaloremirror@timesgroup.com or WhatsApp us on **9591233247**



AGE NO BAR FOR ROMANCE

Tabu says love doesn't belong to just the young

Ajay Devgn and Tabu have done around 9-10 films together and they make a great on-screen pair. Now they're sharing screen space for Neeraj Pandey's 'Auron Mein Kya Dum Tha', which is a romantic musical. As the duo launched the film's trailer in the city on Thursday, they shed light on mature love stories and romance in their 50s.

Tabu expressed gratitude to Pandey for even thinking about this and casting them "Romance does not only belong to the young or a certain age group. I don't think there is any barrier when you talk about romance, love, and relationships. Actually the film is more about a relationship than love and romance I feel. And human relationships are the most interesting thing that have lent themselves to cinema," she said at the trailer launch.

She further added that there is no end to where relationships can be taken and love and romance are a part of human relationships. Ajay in fact, feels that love and feelings become deeper with time.

At the trailer launch event, Tabu was also asked about the success of her last film 'Crew' and if it would make producers make more of these female oriented subjects. But even before Tabu could answer, Ajay said, "There is no such thing as courage. Everybody is doing it already. Films keep coming where women take the lead. It has got nothing to do with courage. It just depends on a good script. If there is a good story with a strong female lead, they make it."

—ETimes



Hunter onboards Blade Runner series

Actress Hunter Schafer, who is known for 'Euphoria' and 'The Ballad of Songbirds and Snakes', has been roped in to star opposite Michelle Yeoh in the upcoming 'Blade Runner 2099' TV series.

The show is a sequel to both the original 'Blade Runner' film and the follow-up film, 'Blade Runner 2049', reports 'Variety'.

The storyline is being kept under wraps, and no details are available on Schafer's character, but sources have said that Yeoh will play a character named Olwen, described as a replicant near the end of her life. As per 'Variety', Ridley Scott, the mastermind behind the original 1982 sci-

fi thriller 'Blade Runner', first announced 'Blade Runner 2099' was in the works in November 2021, with Amazon revealing it was in development at the platform in February 2022.

Schafer made her acting debut playing Jules opposite Zendaya's Rue in HBO's Emmy-nominated drama 'Euphoria', and most recently appeared in Lionsgate's 'The Hunger Games' prequel 'The Ballad of Songbirds and Snakes' as Tigris Snow.

Up next, Schafer can be seen in A24's 'Mother Mary' opposite Anne Hathaway and Michaela Coel and in Yorgos Lanthimos' 'Kindness' with Emma Stone and Jesse Plemons. —IANS

Entertaining, but you must have patience



Param debuts as a director in Sandalwood with this movie. He has succeeded in selecting a family-oriented script that has all elements such as sentiments, romance, and action. The minor drawbacks of the movie are its duration and its absurd focus on hiccups and kleptomania. Had the director taken measures to provide comedy and reduce the duration of the movie, it would have been a good family entertainer among Kannada movies released in the last five months of this year.

The movie is about Kotee (Daali Dhananjay), a driver, who dreams of starting a cab services company by earning Rs 1 crore without cheating anyone. Kotee has to look

after his mother (Tara), young brother Nachchi (Pruthvi Shamanur) and sister Mahathi (Thanuja Venkatesh). He has the responsibility of renovating their house, and has to find a suitable boy for his sister Mahathi, and buy a cab for his brother Nachchi.

Kotee rents a truck from Dinoo Savkar (Ramesh Indira), a notorious money lender in Janatha City, for his packers and movers business. Kotee takes a loan from Dinoo to buy a cab. Dinoo asks Kotee to take up a special assignment and offers a lot of money but the latter refuses and chooses to work hard to repay the loan. Meanwhile, Kotee meets Navami (Moksha Kushal), a chartered

accountant, and falls in love with her. She suffers from kleptomania and steals whenever she gets hiccups. What happens to Kotee and Navami is what the movie is all about.

As far as the performance of the actors is concerned, Daali Dhananjay is at his best. His performance, as a law-abiding citizen, as a lover, as an affectionate brother, and as a responsible son, is good. Ramesh Indira, as usual, is convincing as a vicious villain. Moksha Kushal has acted well. Rangayana Raghu plays a different kind of role in this movie. Tara's performance, as a mother, is very good. Pruthvi Shamanur and Thanuja Venkatesh provide good support.

Background score by Nobin Paul is good.

Among the songs, Mana Mana is good.

All in all, the movie is worth a watch.

—Y Maheswara Reddy

KOTEE
3.0 RATING ★★★★★
• **DIRECTOR** Param
• **ACTORS** Daali Dhananjay, Moksha Kushal, Ramesh Indira, Tara, Prithvi Shamanur, Thanuja Venkatesh
• **CERTIFICATION** U/A
• **Duration** 169 minutes

A dark comedy

Director M Anand Raj deserves appreciation for selecting a unique subject for his second movie Chef Chidambara. His first movie was Raaghu, a crime thriller that was released last year. The director has made all efforts to keep the audience entertained for two hours. Though the title of the movie is related to a chef, whose main task is cooking, but the lead character has his own problems to be resolved rather than focusing on cooking.

The story is about Chidambara (Anirudha Jatkar), a chef. He has some property-related problems. Mona (Nidhi Subbaiah), who is mired in her own problems, approaches Chidambara seeking his help to get her smart phone back from Vicky. She promises to solve his problems if he helps her. Chidambara asks Vicky to come to his flat but the latter falls down due to the slippery floor and succumbs to injuries. He packs the body and keeps it in his bedroom.

Meanwhile, an underworld don (Shivamani) engages Indrajit (Sharat Lohitaswa), a corrupt police inspector, to get his smartphone from Vicky. Indrajit meets Chidambara and finds the dead body in the latter's bedroom. He advises Chidambara to arrange Rs



20 lakh for not registering a case against him. What happens to Chidambara is what the movie is all about.

As far as the performance of the actors is concerned, the lead pair – Anirudha Jatkar and Rachel David are at their best. Nidhi Subbaiah, as a woman who is ready to do anything for money and comforts, is convincing. Sharath Lohitaswa, as a corrupt and scheming police

inspector, has acted well. Shivamani, as an underworld don who not only suffers from piles but also likes to wear lipstick and women's clothes, has provided good support. He deserves appreciation for agreeing to play such a character in the movie.

You can watch this movie if you like the dark comedy genre.

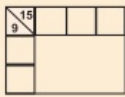
—Y Maheswara Reddy

CHEF CHIDAMBARA

3.0 RATING ★★★★★
• **DIRECTOR** M Anand Raj
• **ACTORS** Anirudha Jatkar, Nidhi Subbalah, Rachel David, Shivamani, Sharath Lohitaswah
• **CERTIFICATION** U/A
• **Duration** 105 minutes

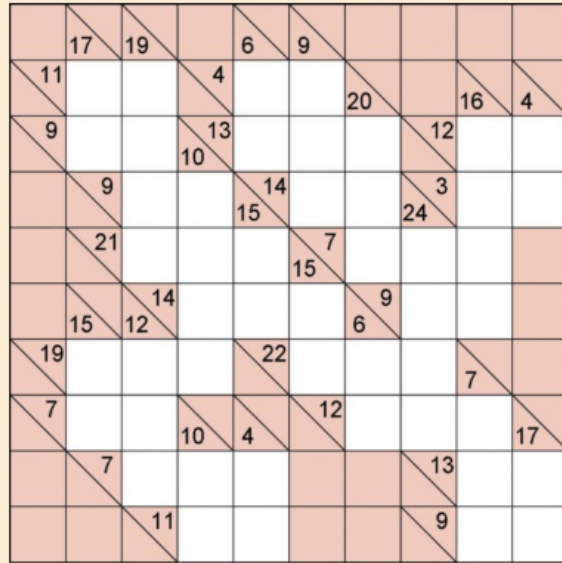
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

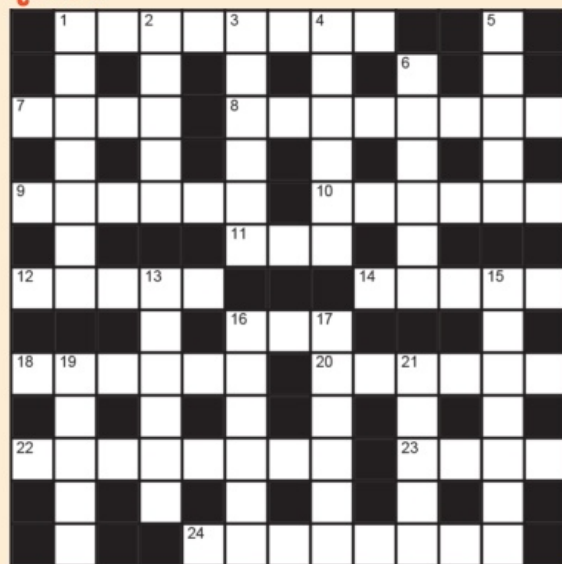


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 Loudly imperious (8)
- 7 A circle abbreviated as "about" in Latin? (4)
- 8 Exceed the limits (2,3,3)
- 9 Japanese number puzzle (6)
- 10 Uproar or furor (6)
- 11 Convert to leather (3)
- 12 Opponent (5)
- 14 Twists out of shape (5)
- 16 Stomach muscles (3)
- 18 The State Archaeological _____ is located in Cubbon Park (6)
- 20 Private teachers (6)
- 22 Collapsed and sunk (8)
- 23 Asian language (4)
- 24 TV (slang) (5,3)

DOWN

- 1 Things or effects that arouse or excite? (7)
- 2 Right hand page of an open book (5)
- 3 Soldier's trench (6)
- 4 Idea, concept (6)
- 5 Natural ability (5)
- 6 Merchant of Venice lawyer (6)
- 13 Opposed to (6)
- 15 Contrary scenario (7)
- 16 Astonished (6)
- 17 Artist's workplace (6)
- 19 Employment (5)
- 21 Digit on hand (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: N EQUALS Y
WHUJ SAWHCX EHA VWHVT.
NSY DPUU VUDVNX XAVBT
AVUHC DPAW XSRHSBH HUXH
SB NSYC XWSYUTHCX.



Linemaro

Are you the Energiser bunny? You keep going and going through my mind



Mindchow

The envious praise you unknowingly



Joke of the day

The phrase 'weaker sex' was coined by some woman to disarm the man she was preparing to overwhelm

Loop

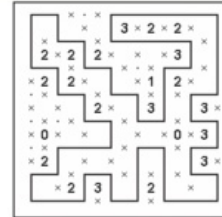
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

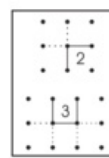
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

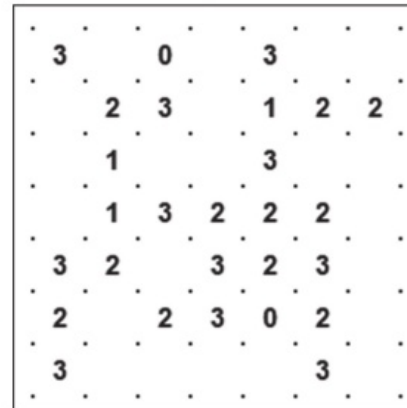
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



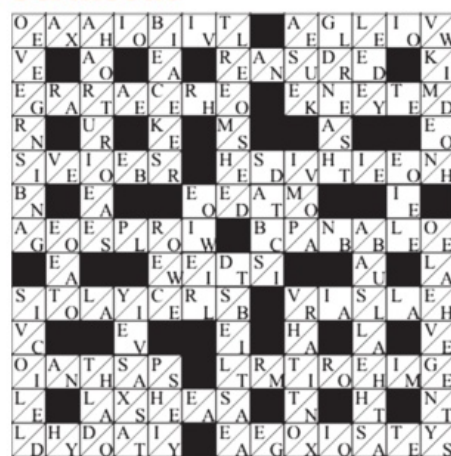
(Fig A)



(Fig B)
Not Allowed



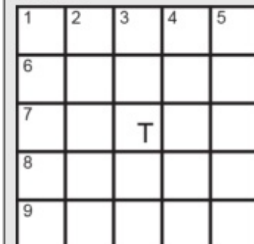
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

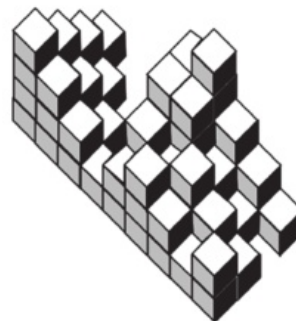
- 1 Paths; 6 Hop it;
- 7 Saint; 8 Basal;
- 9 Ly S Ly

DOWN

- 1 Basts; 2 Talon;
- 3 Typal; 4 Lap hi;
- 5 Is shy

Mensapuzzle

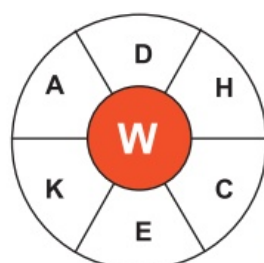
How many individual cubes are in the stack on the right? All rows and columns run to completion unless you actually see them end



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; 08 Good; 10 Outstanding



SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

$\square \square \square \square = 8$

1 5 5 8

Medium

$\square \square \square \square = 7$

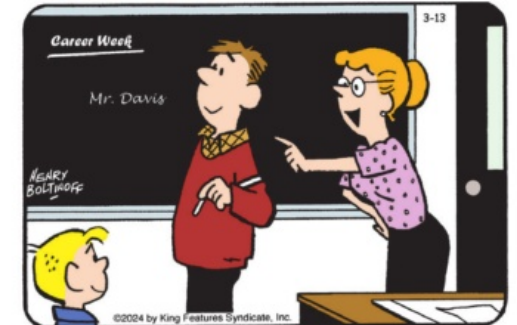
2 5 6 6

Hard

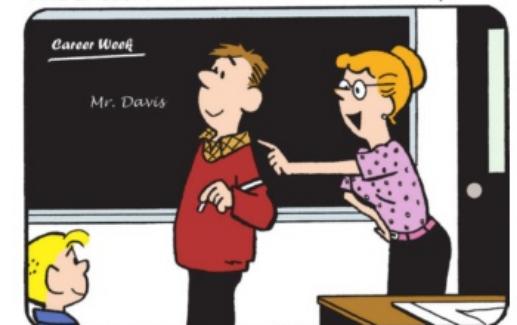
$\square \square \square \square = 3$

2 5 6 4

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Ann is longer. 2. Chalk is shorter. 3. Belt is added. 4. Boy is longer. 5. Desk is moved. 6. Woman's hair is different.

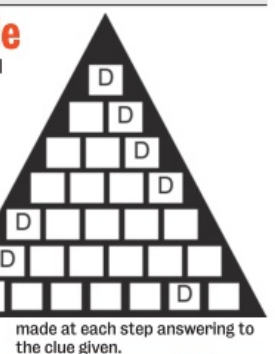
Riddler

27 ? 29 = ? 22 ? 24 = 16 15 ? 17 = 13 13 ? 15 = 16 11 ? 13 = 09
Find the missing number

Alpha triangle

- 1 Hydrogen isotope, symbol
- 2 Advertisement, abbr.
- 3 A young boy
- 4 A heavy metal
- 5 Hold off
- 6 At great cost
- 7 So soon

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

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Head Up Display



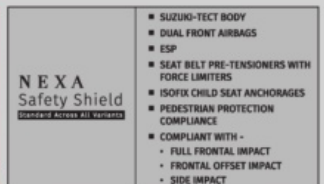
22.86cm SmartPlay Pro+



6 Airbags[^]



In-built Suzuki Connect



Feature and accessories shown may not be part of standard fitment. Black glass shade on the vehicle is due to lighting effect. Images used are for illustration purposes only.

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